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Miranda Lambert: How I Lost Tons Of Weight & Top Diet Tricks From Docs

Miranda Lambert, 29, has always been confident with her curves, so we were surprised to see that she had lost so much weight at the CMA Awards on November 6 in Nashville. See how she lost the weight below and read what experts have to say about her new figure!

Miranda Lambert's Weight Loss — How She Dropped The Pounds

"I just feel like I needed to get ahead of the game — I'm going to be 30 on Sunday and people say, are you OK about turning 30 and I guess I am, but I guess I'm not because I feel like everybody always says 'It goes downhill from there.' So I just thought, maybe if I get ahead of it a little I won't have to work so hard later in life," she told **People.com** in the press room after the CMA Awards.

"All through my 20s I worked a lot — I was on the road since I was 17 and the road life is a lot of fast food and a lot of late nights and a lot of drinking — I didn't give up drinking. I refused. You have to drink to put up with my husband! Just kidding! But I just felt that I should get a little more healthy and I have a record coming out in the spring and it's a very important album to me — it's my fifth album — and I have this spot, I found a great spot in country music and I want to keep it." "I didn't give up really a lot really. Just Cheetos mostly! But I might have some tonight, just to celebrate!" Everything in moderation!

Weight Loss Experts Reveal Their Diet Tips

HollywoodLife.com spoke EXCLUSIVELY with weight loss experts to help you join Miranda in getting healthy.

Dr. J Shah, M.D., Chief Medical Director of Amari Medical in Scarsdale, NY, says that it would take "about two to three months for a woman to lose that much weight if they followed a weight-loss program correctly and safely."

In order to lose weight, Dr. Shah says it's important to find the "root cause of the weight gain and then address that with a good, medically supervised weight loss program." To lose weight the healthy way, it's important to "follow a daily exercise routine, which includes both cardio and strength training, get a good nights sleep, make healthy diet changes like eating egg whites instead of whole eggs, chicken or turkey instead of red meat, Greek yogurt instead of regular yogurt, and brown rice instead of white rice."

How To Lose Weight The Healthy Way

Franci Cohen is a NY based personal trainer, certified nutritionist, exercise physiologist and creator of the innovative workout SPIDERBANDS.

“A controlled weight loss program such as a NutriSystem, Weight Watchers, or any other nutritionally sound program is a wonderful idea for people who lead busy lives like Miranda, and lack the time to cook and prepare food for themselves on a daily basis. Most people get into trouble while dieting when they opt for quick-fix — extreme diets that are not healthy.

I recommend circuit training. When the body works in various energy zones for various intervals, it burns more calories and increases resting metabolic rate as well, as opposed to exercising in a consistent energy zone (like running) for a full hour.

The science behind weight loss is plain and simple. 3500 calories equal 1 pound. If you cut 500 calories a day from your diet, this equates to a 1 pound/week weight loss. Overweight individuals may be able to safely lose up to 2 or 3 pounds in a week when combining diet and exercise.”